

## *How Can you help?*

### **Become a volunteer.**

Volunteers are the essence of Hospice, and always needed. Our visiting Volunteers take a 30 hour training/mentoring program.



Volunteers are needed for:

Fundraising  
In the office  
Education support  
Board participation  
Advanced Care Planning  
Helping with special events

If you or someone  
you know needs  
Hospice Support  
or

If you would like  
more information  
Call or write ...

#207 – 4650 Lazelle Ave.  
Terrace, B.C. V8G 1S6

Tel: 250 635 4811

Fax: 250 635 4817

Email: [terracehospice@citywest.ca](mailto:terracehospice@citywest.ca)  
[www.terracehospice.org](http://www.terracehospice.org)

After hours please leave a  
voicemail.

Office hours:  
Variable  
Monday - Friday

Terrace Hospice Society is financially assisted by the BC Gaming Commission, The Province of British Columbia, CFNR Network, Terrace Community Foundation BC CPC, BCHPCA, and other donors

# *Terrace Hospice Society*

In offering people and their families a compass to support them along their journey of loss, we offer safety, peace and final serenity that has no price.

(Adapted from Marina Doyle-Brown)



## *What is Hospice?*

Hospice provides volunteers trained in gentle support to those living with life-limiting conditions. Assisting clients and families in knowing what to expect, can prepare them somewhat for the changes ahead.

### **We:**

- Affirm every person's right to live with dignity, be informed, be free of pain, and be the leader in making decisions that affect their own care.
- Emphasize quality of life and dignity as living nears the final stages
- Provide emotional support to clients and their families during end of life transitions.
- Support clients and loved ones through the grieving process.

***Terrace Hospice Society is here to assist in making death a dignified experience.***

## *Hospice volunteers...*

- Are engaged in ongoing selection and training processes based on the Canadian Hospice Palliative Care Association
- Are mature, warm and compassionate.
- Are good listeners, always respecting confidentiality.
- Provide emotional and physical support.
- Provide support to family and friends during and following the client's illness.
- Will visit client or family in hospital, our office, or where most comfortable for them.
- Will be companion to the client and family, engaging in life reviews, reading, writing letters and providing other comfort measures to ease the end stages of living.
- Support what is sacred to the client.



## *Terrace Hospice Society offers...*

- Volunteer Visitor Program to help normalize people's experiences with death and dying
- Grief Support Groups including anticipatory grief, complicated grief, long-term grief etc. Please ask if you need special considerations.
- Library of books, CDs, and DVDs
- Celebrate a Life Service at Christmas
- Sharing My Story also known as Dignity or Legacy Work
- Respite for Care Givers
- Keeping vigil if requested
- Advanced Care Planning

We do this at diagnosis, during treatment, at the end of treatment, if there is a recurrence, and at end of life.

***The Hospice Program is a free Community Service.***

Self-referrals and referrals from anyone concerned about the quality of life are accepted.